Monday	Tuesday	Wednesday	Thursday	Friday
Please call the se	AAY 201  nior center coordinate s in advance to reserv	or or meal manager	Pineapple Juice 1 Salisbury Steak w/gravy Caribbean Blend Vegetables Brown Rice Pilaf Applesauce Wheat Bread	Orange Sections  BBQ Chicken Breast Baked Beans Fresh Spinach Ranch Dressing Fruit Cocktail Dinner Roll
Grape Juice Sweet & Sour Meatballs Brown Rice Fresh Grape Tomatoes Apricots Wheat Bread	Apple Juice Beef Burgundy Brown Rice Mixed Vegetables Pineapple Tidbits Biscuit	Orange Juice 7 Pepper Steak Rice Corn Wheat Bread Fresh Seasonal Fruit	Pineapple Juice Chicken Cordon Bleu Mashed Potatoes wGravy Cole Slaw Brussels Sprouts Roll Cherry Crisp	Pineapple Juice 9 Thai Curry Chicken Breast Rice Peas & Carrots Wheat Roll Fresh Apple
Orange Juice Roast Beef on Kaiser Roll Red Onion Slice Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail	Orange Juice 13 Pizza Burger on Roll Shredded Mozzarella Cheese Baked Beans Fresh Cabbage Slaw Diced Peaches	Cranberry Juice 14 Hot Grilled Diced Chicken with Sesame Noodles Cucumbers, sliced Wheat Bread Pineapple Tidbits	Fresh Tossed Salad Low Fat Ranch Dressing Tuna Salad Whole Wheat Bread Copper Pennies Hot Spiced Applesauce Lettuce & Tomato	Pineapple Juice 16 Chicken Teriyaki Nuggets Collard Greens Brown Rice Fruit Cocktail Wheat Bread
	Grape Juice 20 Baked Potato Tossed Salad Low Fat Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce Wheat Bread	Cranberry Juice 21 Turkey Sliced w/Gravy Scalloped Potatoes Au Gratin Fresh Spinach Ranch Dressing Fruit Cocktail	Hot Dog Roll Baked Beans Cole Slaw Potato Salad Fresh Fruit	Tomato Juice  BBQ Pork Loin  Barley Mushroom Pilaf  Baby Whole Carrots  Wheat Bread  Apricots
MEMORIAL DAY HOLIDAY	Hamburgers Hamburger Roll Mashed Potatoes Fresh Cole Slaw Apricots	Orange Juice 28 Navy Bean Soup Chicken Caesar Salad Wrap Lettuce, Shredded Cheese Diced Chicken Meat Tortilla Fresh Pears	Fruit Punch Salisbury Steak w/Gravy Green Beans Brown Rice Fresh Seasonal Fruit Whole Wheat Roll	Senior Carnival at the Frederick Senior Center